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THE MATERNAL MANAGEMENT
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THE
MATERNAL MANAGEMENT
OF
INFANCY.

FOR THE USE OF PARENTS.

BY

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THE CATHARINE STREET DISPENSARY.

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PREFACE.

THE unaccountable neglect of parents to inform themselves upon that branch of education so necessary to the well-being of our species, is the author's apology for offering this little work to the public. It has been his endeavor to so condense and simplify the subject as to bring it within the comprehension of all those to whom the management of infants is intrusted. He is under obligations to several eminent writers, from whose works he has extracted whatever he deemed would make this work more useful.

1104 PINE STREET,
June 23, 1868.

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INTRODUCTION.

THAT previous instruction is requisite to success in all pursuits seems to be acknowledged in everything except the management of infancy; no one would think of engaging the services of a gardener not previously instructed in the peculiarities of the tender plants of which he was to assume the management; while in most cases the young wife finds herself a mother without the least knowledge of the physical and mental development of the infant man, for whose welfare she may be so deeply responsible. Now, what is the result? Why, just what you would expect from your garden if intrusted to the care of one entirely unacquainted with the nature of the plants—and statistics show us that nearly one-half of the children born die before they are five years of age, and that more than one-fourth die before they can lisp the mother's name.

No one believes it to be the intention of the

Creator thus to nip in the bud one-half of humanity; nor is it that the mother does not try to take care of her child, for the kindest feelings flow out instinctively toward her helpless offspring; but it is simply that she does not know *how* to care for it; and here again her efforts may be compared to those of the ignorant gardener watering his plants while the sun is yet on them, thereby destroying while he intends to improve them.

In the City of Philadelphia, during the last five years, from 1862 to 1866 inclusive, 78,490 infants were born, and during that period 20,652 under one year and 35,552 under five years of age have died; and death of the offspring is not the only result of mismanagement—many that survive are compelled to struggle through life with a constitution more or less injured by improper care during infancy.

Health is not a mere matter of chance, but the reward of an intelligent and persevering prudence, and with a system of management founded on a knowledge of the physical and mental nature of the infant alone can success be expected. It is absolutely necessary for the parent to possess this knowledge, not only that she may assist nature, but that she may not interfere with the natural processes, thereby thwarting and opposing nature at every step of her progress.

If these truths are so important, it is very unfortunate that mothers who have time to spare on all the frivolities of the day should so neglect them, simply because it is unfashionable to inform themselves of the nature of the human frame and the means adopted by nature for its preservation. An accomplished writer, Mrs. Grimstone, has said: "It is the fate of the great majority of our species to fall from the hands of nature into those of an ignorant nurse and an ignorant mother. In all the departments of life in which *men* are called to act, some preparatory discipline is deemed necessary and afforded; but where women are concerned, the presiding deity is chance. No provision is made to fit *them* for their allotments, though they are called to fill offices involving the most vital interests of society. Women extract knowledge from practice, they rarely bring knowledge to it; that under such circumstances, they so often acquit themselves with ability, is pregnant with proof that mental power is the unalienable property of humanity; and since it thus bursts above the blight of neglect, and repels the effects of mistaken institutions, what under better auspices might not be hoped from it?"

The importance of previous instruction is not realized until the young female finds herself called

upon to assume the management of her offspring; she is then kept in a state of painful alarm and apprehension by the occurrence of the most trifling circumstances, or allows real danger to steal on in a state of the most fatal because unguarded security.

Parents are in the habit of relying too much upon their physician, and he is often expected, when called at the last stage of the disease, to prevent the unfortunate termination of a malady, the result of an ignorance of the natural laws, the observance of which is requisite to health, and he is frequently charged with improper treatment, when through ignorance on the part of those having charge of the child the disease originated, and when once induced no human power could prevent the disastrous result.

It is not enough that the physician is trustworthy and skillful; the parents should know enough of the infant frame to co-operate efficiently with him in his attempts at the removal of disease, or what is far more important, to enable them to *avoid* those causes which give rise to it.

If the child is sick, the physician should be called at once, and in *no* case should the mother undertake to prescribe for her child; thousands of valuable lives are yearly sacrificed by neglect of this rule. If the medicine given be harmless in

itself, it takes the place of the proper remedy, and thereby passively becomes the cause of unmeasured mischief. Parents sometimes think to save expense by prescribing for their children until they become seriously ill; in this way not only is the expense greatly increased, but the child's life is endangered, for in very many instances a long illness may be prevented if the physician is called at the commencement of the difficulty. If a child requires a prescription at all, it certainly requires a judicious one, and one adapted to the circumstances of the case, and the limited knowledge of a mother or nurse should never be substituted for that of the physician, who devotes years of laborious study and hard-earned experience to acquire the knowledge requisite to treat the case understandingly.

Having called the physician, follow his directions implicitly; they cannot be infringed upon without danger to your child and injustice to the medical attendant. If you have no confidence in your physician, why employ him? And if you have, then why act as though you had not?

The only safe and by far the most comfortable and economical way to bring up a family of children, is to employ a physician in whom you have confidence; send for him as soon as disease makes its appearance, and follow his direc-

tion implicitly. The habit of changing the physician, except for some very good reason, is an unfortunate one; the knowledge he gains of the constitutions and peculiarities of the members of the family, by long attendance, is vastly too important to be sacrificed without good and sufficient reasons.

To avoid confusion at the time the child is born everything that will be wanted should be prepared beforehand and placed where they will be easy of access. The articles of clothing required by the child being in readiness should be placed in a drawer or basket by themselves, and the attendant instructed where to find them.

The nurse on receiving the infant from the physician, should envelop it in warm, soft flannel, and in winter it should be taken near the fire. There should be at hand for washing the infant, lard, castile soap, warm water, and soft flannel or linen cloths; the temperature of the water should be about the same as that of the body, 98°: the infant, in a reclining position on the nurse's lap, should first be rubbed all over with lard, it should then be gently but thoroughly washed with warm soap and water, great care being required to cleanse the folds of the skin, joints, armpits, and ears. The eyes of the infant are extremely delicate and should never be touched with the cloth used to

cleanse the body, but the face should be washed last with a clean cloth and pure warm water.

The washing being over, the skin should be dried with warm, soft flannel, and the infant is ready to be dressed. In dressing it we must not forget its inability to bear the erect position, and when it is necessary to raise it from the lap, the head and shoulders should always be supported. The first article of dress should be a band of soft flannel about six inches wide, and long enough to go twice around the body, it should be made without a hem, and should never be tightly adjusted. As the practice of pinning the bandage very tight around the child is a common one, I quote Dr. Comb's remarks upon it: "From an erroneous notion that the bowels require a good deal of support to prevent their protrusion, the injurious practice has arisen of applying the bandage too tightly. In the new-born infant, as may be easily seen by inspection, breathing is carried on chiefly by rising and sinking of the abdomen or belly, and not nearly so much by the expansion of the chest as in after-life. From this peculiarity it unavoidably happens that whatever impedes the free rising and falling of the abdomen, will not only injure the organs of digestion contained within it, but also impede the due dilatation of the lungs downward, and thereby disturb the functions of both

breathing and circulation. But the evil does not stop there, for the very compression exercised upon the abdomen narrows its capacity, and tends to force the contained bowels outward during any exertion wherever a weak part will allow them to escape, and hence to produce the very effect which it is wished to guard against. For these reasons, the circular bandage ought never to be tight, or more than moderately firm." The remainder of the clothing should be soft, warm, and light, and so constructed as to be easily put on and taken off.

The feet should be covered with soft woolen socks. The head should not be covered on account of the natural tendency to nervous excitement and rapid circulation in early life; but while the room should be well ventilated, the greatest precaution should be taken to prevent the infant from being exposed to a draught of cold air,—even a current of cold air from a key hole may do harm if allowed to blow directly upon the infant.

As soon as the infant is dressed, and the mother made comfortable, it should be at once put to the breast; it will take the nipple much better soon after birth than it will several hours later.

THE MATERNAL MANAGEMENT OF INFANCY.

FOOD.

ONE of the most fruitful sources of disease in infancy is improper management in relation to diet, and the difficulty commences with the birth of the child. It is a very general as well as a very pernicious habit to fill the stomach of the infant, as soon as it is dressed, with inappropriate articles of food, and in so doing lay the foundation for a long list of difficulties. Dr. Eberle has truly said: "Let the child's stomach be once or twice filled during the first twenty-four hours with gruel or any of the ordinary preparations employed by nurses for this purpose, and the chances will probably be as ten to one that acidity, vomiting, colic, griping, and jaundice will supervene."

It would seem almost unnecessary for me to give direction in regard to the feeding of the infant

the first day of its life, and while the physician is still in attendance, but there is on the part of most nurses so strong a desire to feed the child; the mother, being ignorant of the danger, consents, notwithstanding the advice of the physician to the contrary. It is the popular idea that the child has been subjected to a long fast previous to its birth, whereas it has just concluded a full meal, and its plumpness is an indication how well the food was adapted to its wants, and that it has not come from a land of starvation, as the anxiety of the nurse to feed it would lead us to suppose. Being now in the world, an entire change takes place in its mode of subsistence; it must eat and digest its own food, and preparation of the digestive organs is requisite in order to enable it to do this. If we follow the course of nature we shall find that her ways are the best and cannot be interfered with with impunity. The bowels of the child at birth are loaded with a dark, slimy substance, called the meconium, which must be expelled in order to prepare the digestive organs for the reception and assimilation of food: there is in the breasts of the mother at this time a thin, whey-like fluid of a laxative nature, provided on purpose to meet the requirements of the child, and it is also essential that it should be drawn from the breasts in order to accelerate the secretion of the

milk, on which the putting the child to the breasts soon after it is born exerts a decided influence. If the breast be withheld from the child at this time and the nurse permitted to feed it, much difficulty is often experienced in inducing it to take the breast at all.

In most cases milk will be secreted in the breasts of the mother in from twenty-four to forty-eight hours after the birth of the child; during this time the nurse should not be allowed to give the child food of *any kind*, but it should be frequently permitted to suck from the breasts. This whey-like fluid contained in them at the birth of the child, while it is a laxative, and serves to purge off the meconium from the bowels of the infant, is not entirely destitute of nutritive qualities, and is the food intended by nature for the child at this time. If, from unusual delay in the secretion of the milk, it becomes necessary to feed the infant, the blandest fluids only are admissible, and we should endeavor to select that which will bear the strongest resemblance to the milk of the mother. Many kinds of diet have been recommended, but nothing is better or nearer the mother's milk than equal parts of pure cow's milk and warm water, with the addition of a little white sugar.

Those vile starchy compounds called pap, pan-

ada, and the like, should be positively prohibited. The temperature should be about 98°.

Regularity in feeding the infant is of the greatest importance, and though for the first few weeks the child does little but eat and sleep, it is remarkable how soon habits of regularity may be attained with a little perseverance on the part of the mother. There can be no fixed rule laid down as to just how often an infant should be put to the breast; but, as a general thing, once in three or four hours will be found sufficient.

Nothing is further from the truth than to suppose that an infant never cries except it is hungry; yet the first thing, in most cases, when the child cries is to offer it the breast—the child may be crying from an overdistended stomach; not knowing what is the cause of its uneasiness, it seizes the nipple, which, of course, increases the difficulty, and the child is supposed to have colic. Some one of the nostrums sold in the shops, most of which are mixtures of opium in some form or other, is now brought into requisition, and the child is fortunate if it escapes with only temporary indisposition.

This looks like a fancy picture, but let the majority of mothers ask themselves whether they have made a successful attempt to systematize the feeding of their infant, or are in the habit of

giving it the breast on all occasions, and the truth of the statement will be evident.

The question may be asked, Why does the infant exhibit a desire for the breast so frequently if it is not good it should have it? The answer is, that a morbid appetite has been created by the neglect of any attempt to teach habits of regularity from the first when it would have been so easy to have done so. When we consider that the first years of life give character to the future condition of the digestive organs, and that the diseases of digestion are the result of errors in diet, we see how important it is not only that the child's life may be saved, but that he may enjoy health as a man, that we should do all in our power to correct these errors.

Milk is the only single article of food on which life can be sustained for any length of time: nature has provided it for the nourishment of the infant, and it should receive food of no other kind until the appearance of the teeth gives indication that the system requires, and that the digestive organs are in a condition to dispose of food of a different character.

The milk of the mother is sufficient for the child for the first eight or ten months, at which time additional nourishment will be required, such as pure cow's milk, thinly prepared arrow-root,

cracker softened in milk, or articles of a like un-irritating nature.

Occasional drinks of cool water should be given from the first; it will be found very grateful, particularly while the child is teething; if this is omitted the child will suffer from thirst, as milk does not satisfy the demand.

From ignorance of the sufficiency of the means provided by nature, it is the practice of many mothers to give the child a purgative soon after its birth to expel the meconium; this, in a majority of cases, is not only unnecessary, but much harm may be done; it should never be given except by the advice of the physician.

WET-NURSE.—It is the duty of every mother to suckle her child, and no mother should delegate this most sacred duty to another if it is within her power to fulfill it. It is a general impression that a wet-nurse can take the place of the mother in this occupation; but such is not the case, for be her milk never so good, there is a constitutional relation between the mother and the child which renders her milk better adapted to the support of the infant than that of any other woman with the exception of those cases in which disease has impaired the constitution of the mother.

One would suppose it would be impossible to find a mother that would be guilty of so unnatural

an act as refusing her offspring the food provided by Divine Providence for its subsistence, and for no other reason than that it would occasion her some slight inconvenience to give it that which God intended for its support. Yet such is the case, and it is not in the lower walks of life that it is of most frequent occurrence.

There are circumstances under which it is impossible for the mother to suckle her infant, and a wet-nurse is the best substitute, provided she be healthy, and has a good supply of milk; this course is much safer than to attempt to bring the child up by hand, as it is called.

In the selection of a wet-nurse the advice of a physician should always be taken, for although to the superficial observer she may appear to be a suitable person, an experienced physician may detect at once reasons why she is entirely unsuited to perform the duties. She should be young, with two good breasts of milk; the age of her child should be near that of the one she is to nurse, as the milk changes so during the first months that the milk of a nurse with a child six months old would not be proper food for a child just born.

Particular attention should be paid to the disposition of the nurse, as one of a sour, morose, or violent temper is wholly unfit, as it is well known that these qualities exert a pernicious influence on

the milk. She should be free from all deformities, such as squinting, stuttering, and the like, and should in all cases be pronounced by the physician to be of sound constitution.

The rules for feeding the child are the same as when nursed by the mother, and the utmost vigilance should be exercised in scrutinizing the conduct of the nurse in regard to her treatment of the child. All sorts of deceptions are practiced by people who make a business of going out wet-nursing. At one time the stomach of the child is engorged to its greatest extent, in order that the nurse may have the time to herself, and then all nourishment is withheld for an unreasonable period for the same reason; laudanum and paregoric are administered clandestinely that the child may not disturb her rest, and all sorts of deceptions are practiced which require the constant watchfulness of the mother to detect and prevent.

It is very common for the physician when called to see a sick child to extract confessions from the nurse in regard to the administration of drugs of which the mother had not the slightest suspicion.

The infant will require nourishment several times during the night for the first few months, but if after it is three or four months old it be fed late in the evening, and early in the morning, it will be sufficient, and will soon acquire the habit

of sleeping through the entire night. The mother should unexpectedly visit the nursery during the night to guard against the practice of allowing the child to hold the nipple in its mouth while asleep; such a habit is not only sure to cause indigestion, but the child suffers from the close contact with the person of the nurse, breathing the air rendered impure by the exhalations from her body.

The diet of the nurse should be the same as for any person in good health; the food should be plain, abundant, and taken only at the regular hours. It is not a fact that a woman while nursing requires a large amount of rich food, or that she should eat before going to bed: all these irregularities tend to destroy the health, which, of course, injures the milk. There are no women with breasts better filled with milk than the peasant women who subsist on food of the simplest kind. The practice of allowing nurses porter, ale, or spirit of any kind, while nursing, is always unnecessary: a *healthy* nurse requires nothing of the kind, and no other should be engaged.

The nurse should be required to exercise in the open air for some time each day, and to take an entire bath as often as twice during the week.

ARTIFICIAL FEEDING, particularly in large cities, is attended with great difficulty, yet with judicious management and careful attention the dangers of

bringing the child up by hand, as it is called, may, to a great extent, be obviated. One reason why artificial nursing in cities is so much more unsuccessful than in the country, is on account of the difficulty in procuring pure milk, the greater portion of that sold being wholly unfit for food for a young infant.

The kinds of food recommended for the diet of infants are very various, but nothing is better than pure cow's milk; it must be perfectly sweet, and, if possible, always from the same cow. There is a great difference in the milk of different cows, though fed upon the same food, and a mixture of the milk of several cows, or a continual change from one to another, is much less likely to agree with the infant than the milk of the same cow uninterruptedly. It is desirable that the nutriment provided for the infant should approach as near as possible to the natural food, and for the child at birth equal parts of milk and water, with a little white sugar, warmed to the temperature of 98°: this approaches very near to the natural aliment, and is the only food required for the first eight or ten months; the water may be gradually decreased until the end of the seventh month, at which time the pure milk may be given. In cases where the milk disagrees with the child, cream and water will be found an excellent substitute; cream is lighter than milk, it

is easily digested, and being more nutritious, a smaller quantity may be given. In many cases the fault is not so much in the food, as in the way in which it is given, and in many cases where it is thought to disagree with the infant, if it were given in smaller quantities, and at longer intervals, with perfect rest for half an hour after eating, the trouble would be done away with.

The difficulty of procuring pure nutriment in large cities may be obviated by allowing the milk to stand, and removing the cream for the infant; whatever may have been used to adulterate the milk will not rise with the cream.

The food should be taken into the stomach slowly; and here again we should imitate nature and allow the child to suck its nourishment from a bottle, instead of being fed with a spoon. In the act of sucking the food is mixed with the saliva, which is an assistant to digestion, and which the digestive organs are deprived of to a great extent, if any other mode of feeding be adopted.

A variety of contrivances have been recommended for the administration of food to infants; any glass bottle of a convenient shape and size, with a few folds of fine soft linen pierced with a small hole and adapted to the mouth in the form of a nipple, will answer every purpose. Nipples are sometimes made of ivory, silver, goats' teats,

etc., but the rubber nipple made to be fitted to the end of any bottle, and for sale in all the shops, answers a better purpose than any other. Particular attention must be paid to keeping the bottle perfectly clean; it should never be filled without being previously subjected to a thorough washing of both bottle and nipple in hot water. It will be well to provide two bottles that one may always be in a condition for immediate use: the bottle should always be glass, its transparency enabling the mother the more readily to detect any uncleanness. The rapidity with which milk prepared in this way, and kept in a warm room, becomes acid, renders it necessary that the food should be prepared fresh for the infant every time it requires it, and not, as is frequently done, allowed to stand in the bottle to be replenished only when the supply is exhausted.

The child will require the bottle once in every three or four hours, and it should be removed with the first indication that it has taken enough, and not induced to distend its stomach to such an extent that it is compelled to find relief in vomiting the moment this system of packing is discontinued. In all cases the vomiting of a healthy infant is a sure indication of overfeeding. The nurses tell us that vomiting is a sign of health; and so it is to this extent, that the child that has

been compelled to take twice as much as it ought, if it vomits one-half will do better than if it does not reject it, and thereby suffers all the evils of indigestion. There is no more reason why an infant should vomit the greater part of its food than for an adult to do so, and were proper regard paid to the capacity of the stomach of the child the cases would be equally rare.

WEANING.—The child should be deprived of the breasts entirely when the development of the teeth indicates that a change of food is required, and that the digestive organs are in a condition to dispose of the simpler varieties of nutriment upon which the child will now be required to subsist. This usually happens from the eleventh to the fourteenth month, and if the child has been accustomed gradually to other nutriment, weaning will in most cases be attended with little or no inconvenience. The change from milk diet to that of solid food must be very gradual; for some time after the child is weaned it should subsist on liquid or semi-fluid substances, such as preparations of arrow-root, gruel, pulverized cracker dissolved in milk. These and other articles of a like unirritating nature should constitute the entire diet for several months after weaning. If the child requires it, small portions of weak simple broth may be allowed occasionally with perfect

propriety. One of the chief sources of danger at this period is the tendency to allow too full and nourishing a diet; this is a very common error, and must be particularly guarded against. "It is, no doubt," says Dr. Comb, "painful to a mother's feelings to witness apparent suffering in her child, but it is still more painful when she herself becomes the instrument of converting a temporary evil into a source of actual danger."

No difficulty will be experienced in changing from fluid to solid food, provided the stomach become accustomed to it gradually, but if the transition be abrupt, indigestion will be the unavoidable result.

In very many cases suckling is continued much longer than is consistent with the welfare of either the mother or the child. "To the mother," says Dr. Eberle, "the effects of unduly protracted lactation are sometimes extremely pernicious. We not unfrequently see women frail, debilitated, and constantly tormented with dyspeptic and nervous affections, suckling their infants for eighteen or twenty months, without suspecting that their ill health is the result of exhaustion from the constant drain of the nutritious element of the blood, which is kept up by suckling. The mother is not the only sufferer from this habit of protracted lactation. After the proper period for weaning the

infant there is a decided change takes place in the milk; it not only diminishes in quantity, but deteriorates in quality, and becomes more and more unwholesome in its character in proportion as lactation is protracted. Let me say here to those mothers who think to lessen the supposed dangers of the second summer by suckling the child through that period, that they are actually increasing the danger by allowing the infant food from which it derives but little nutriment, and which is decidedly unwholesome. I have been particular to point out the evils of this habit, as it is a very common one in our country."

The best months in the year for weaning are April, May, September, and October. There is not so much objection to the winter months; but the child should not be weaned during the hot weather, if it is possible to avoid it. This may be avoided by weaning it a little before or deferring it a little longer than the usual time. Exercise in the open air is of the greatest importance to the child at this time; nothing tends more to soothe the nervous irritability so often consequent on this change. It exerts a decided influence on the general health, gives tone to the digestive organs, and enables them the better to bear the change of nutriment.

Until the child is two years old, it requires but

little solid food; after this period, how, when, and what shall the child eat?

The answer to the first question—How shall the child take his nutriment?—is *slowly*. It is essential to healthy digestion that the food, before being taken into the stomach, shall be thoroughly masticated and mixed with the saliva; this can only be done by eating slowly. There are many reasons why particular attention should be paid to prevent the formation of the bad habit of fast eating. The child that eats too fast will eat too much. The habit of eating too fast, so general in adult life, is formed in childhood. If it is injurious to the adult, how much more so must it be to the child, possessed of so delicate a nature, if it be allowed to fill its stomach with a large amount of imperfectly masticated food!

The answer to the question—When shall the child be fed?—is *regularly*; and by regularly, we do not mean that the child is to eat its three meals a day with the family, and then eat all the rest of the time it is awake besides; but we do mean that the child should never eat between meals. The child is growing, it has the waste to supply, and to provide for increase in size, consequently it will require more food in proportion than the adult, and will suffer if too long a period is allowed to elapse between its meals. To obviate

this difficulty, four meals a day should be given instead of three. The meals should be equally divided during the hours the child is awake. The last meal, which should be taken a short time before retiring for the night, should consist of food of the blandest and most digestive character. Too much cannot be said against the almost universal habit of allowing children to eat between meals. In most cases the food given is of an improper kind for the child at any time; the digestive organs are deprived of the rest which is so essential to the healthy performance of these functions; the child has but little appetite for the proper meals, and all the evils of indigestion are the result.

The answer to the question—On what shall the child subsist?—is “not on the kind of food that contains the most nutriment in itself, but on that which is best adapted to the condition of the digestive organs at the time when it is taken.” The great mistake in providing the nourishment for children is in supposing that the kind of food containing the most nutriment will give the child the most strength, when, on the contrary, from its being of too stimulating or indigestible a nature for the delicate digestive organs of childhood, just the opposite from what is desired will be the re-

sult,—the child will be made weaker instead of stronger.

It is not necessary that a great variety of food should constitute the diet of childhood.

Children that subsist upon a few of the more digestible kinds of food are much healthier than those who are allowed many different kinds. As a general rule, the nutriment for the young child should be selected mostly from the vegetable kingdom. Many physicians of eminence recommend that no animal food be given during childhood,—though there is no doubt the abuse of it is the cause of a great amount of trouble, we believe the proper exhibition of it conducive to the welfare of the child. If after the second year the child be allowed a reasonable quantity of animal food, properly prepared, once a day, it will be found in most cases to agree with it, and the health and strength will be improved by it. Mutton and beef are the most digestible. Pork, veal, and all kinds of salted meats should be avoided. Ripe fruit is good for children if taken in moderation. It should be taken with the meals, and care should be taken to free it from the seeds and skins, as these are entirely indigestible, and by their irritation cause many of the illnesses of childhood.

SLEEP.

REGULARITY is essential in regard to the hours devoted to sleep by the infant, and on the success of the establishment of regular hours for repose, the welfare of the child and the comfort of the mother will to a great extent depend. For the first few months the infant sleeps most of the time, sucking and sleeping alternately being almost its sole occupation—and this disposition to repose should on no account be interfered with; but after the lapse of a little time, the interval of wakefulness grows longer, and it is at this time that the child should become habituated to regular hours for sleeping.

If the nurse commence thus early, little or no trouble will be experienced, but if it be neglected, bad habits will be formed which are not easily gotten rid of. The desire for sleep like the appetite is periodical, and slumber is more readily attained and more beneficial in its effects when occurring after the lapse of these intervals than at any irregular period. The only rule in regard to the time the child should be allowed to sleep,

is, just as long as it wants to, and nothing is more injurious than to curtail the time of sleeping by waking children in the morning. They should always be allowed to awake themselves, and then, and not until then, will they have had sleep enough to satisfy the demands of nature. There is just the same propriety in taking the child from the table before it has taken food sufficient to sustain the system, as in waking it before it has had the requisite amount of sleep. I do not wish to be understood as deprecating early rising; on the other hand, this should always be encouraged, but this must be regulated by early going to bed.

If properly managed, but little solicitation will be required to induce to sleep; the desire for repose recurring at regular periods, they will drop asleep without any artificial means being used; and on no account should narcotic preparations be had recourse to. From not attending to the true origin of the restlessness, however, and regarding it merely as a state troublesome to all parties, many mothers and nurses are in the habit of resorting immediately to laudanum, paregoric, or some of the many sedative preparations recommended for this purpose (the most if not all of which are opium in some shape), without regard to their effects on the system, and are quite satis-

fied if they succeed in inducing the appearance of slumber, no matter whether the reality be sleep, stupor, or apoplectic oppression. Of course, if a narcotic is used to induce the child to sleep to-day, it will expect it to-morrow; the appetite is destroyed, digestion interfered with, the child becomes puny, and sinks under the first malady with which it may chance to be attacked. On no account should narcotic preparations be given to the infant unless under the control of a physician. If no other harm be done, the sleep produced is artificial, and as such cannot have the proper nutritive effect. The greatest astonishment would be excited were it generally known what quantities of quack cordials and anodynes are recklessly given with a view to promote quiet and sleep, and many a poor infant "unhonored and nursing" sleeps the sleep that knows no waking under the influence of a composing draught administered by the ignorant or unthinking mother.

Care should always be taken that light and noise be excluded from the room in which the infant is sleeping: this is an important precaution; nothing is farther from the truth than the supposition that it is of no consequence how much noise there is in the nursery, provided the child be not completely awakened. If the noise does

not prevent sleep, the tendency is to render it disturbed and unrefreshing.

During the first months of infantile life the power for generating heat is so feeble that it is better in cold weather that the infant should not be required to sleep alone but should be allowed to sleep with its mother; but after a month in the summer and eight or ten weeks in winter time, the child should be transferred to a crib placed contiguous to the bed of the mother or nurse; and if the desire to return to the mother's bed be discouraged for a few nights, no further trouble will be experienced.

The bed should be exposed to the air, and if possible to the sunshine for several hours every day.

The infant will require sleep during the day, to avoid restlessness at night; sleep should be taken during the early part of the day. If the infant be put to bed for the night at seven, it will require no sleep during the day after two. Children treated in this way will rest much better at night than those who take an afternoon nap.

As there is a decided tendency of the blood toward the head during infancy, the head during sleep (as at all times in the house) should be uncovered.

In conclusion of this subject, let me remark

that there is no part of the management of infants of more importance than the regulations relating to sleep; with a little care the child will enjoy health and the parents comfort; but if no system be observed, both will be sacrificed to a greater or less extent. One thing you may rest assured of, that if a healthy child requires to be walked up and down the floor for an hour or two at bedtime, and the same thing repeated at midnight to induce it to sleep, the fault is with the parents and not with the child.

CLOTHING.

THE power of generating animal heat is smallest immediately after birth, and rises progressively as the infant advances in age and strength. This is a very important fact to be borne in mind, as the most fatal results are attributable to the prevalency of the opinion that the power of generating heat is greatest in infancy. How important it is that the clothing of infancy should be constructed with special reference to this condition of things; and how unfortunate for the infant that it is almost the universal custom in this country to so construct the infant's dress—no matter for what season of the year it is intended—that the neck, arms, and legs shall be entirely without covering; and from the many mothers whom I have remonstrated with against this suicidal policy, almost the only answer has been—it would be unfashionable to do otherwise. Wisdom and common sense are weapons with which mothers are able to combat most of the prevailing errors of the age; but the myriads of children sacrificed on the shrine of fashion, shows us how

powerless are these weapons against this most powerful goddess. The entire absence of exposure to the inclemency of the weather (to which our occupations in adult life subject us) would lead us to suppose we should find the diseases of the respiratory organs, which are bronchitis, pneumonia, croup, coryza, etc., much more frequent in adult than infantile life; but on the contrary, just the opposite is the case, and by far the larger proportion of deaths from these diseases occurs in infancy, and the repeated attacks of respiratory disease are not all that is to be charged to an irrational mode of dressing the infant. But as we have seen that the treatment of the digestive organs during infancy gives them their character for life, so does the treatment of the respiratory organs during infancy determine with equal certainty whether there shall be a predisposition to pulmonary disease throughout life; and there is no doubt that our long list of deaths from consumption would be immensely diminished, were mothers awake to the importance of proper clothing for their infants.

It seems almost incredible that mothers should have such an antipathy to a proper construction of the infant's dress, when it requires but a glance at the death report to see how many poor victims pay the penalty exacted by nature for a vio-

lation of her laws. Dr. C. D. Meigs says, in regard to leaving the neck and arms of infants uncovered: "I have invariably for a long series of years combated, as far as in me lay, this vicious custom. I have found a few sensible mothers who would listen to and obey my injunctions; but I have found a vast number of children to suffer and a multitude to perish from the disregard to the dictates of common sense. One pretext for this imprudent exposure of the infant, is that it should be early hardened. But I submit to the intelligent mother the question, whether the surest way to harden the child is not that way which shall conduct it through the first six years of its existence without fever, inflammation, or other disease? If a child be properly covered up and daily exposed to the sunlight in the open air, it will have the best chance of acquiring what is called a hardened constitution: there is little hope that a delicate child otherwise cared for, shall pass to the end of the first month of its life without some degree of coryza, some pulmonary ronchus, or some reactive effort of its vascular system struggling against the constringing effects of cold damp, from which it cannot be protected except in overheated apartments, which themselves are almost as much to be deprecated."

Let there once be a movement in the right di-

rection, and in a few years mothers will look to the low necks and short sleeves that the infants of the present day are compelled to wear, and wonder they could ever have been guilty of so great an indiscretion.

We have a striking example in the change that has taken place during the last few years in the way in which the ladies dress their feet; and who will say that the thick-soled, high-topped boot of the present day is not far handsomer than the low, thin-soled shoes of a few years ago, while the result in favor of health has been incalculable?

Now if it was improper for ladies to injure their own constitutions by the manner of dressing their feet, how much more unjust is it to so clothe the unreasoning infant intrusted to our charge as to compel it to suffer and endanger its life!

In regard to the importance of covering the neck and arms of children, there is but one opinion among those who have given the subject any consideration.

Dr. Condie says: "The fashion of a child's clothing is a matter of perfect indifference if the material of which it is composed be sufficiently warm, and it be made perfectly loose and protect effectually every part of the body. To leave the neck, shoulders, and arms nearly, or quite bare, however warmly the rest of the body may be clad,

is a sure means of endangering comfort and health: violent attacks of croup or bronchitis, or even inflammation of the lungs, are often induced by this irrational custom; and it is not impossible that the foundation of pulmonary consumption is often laid during childhood. It is an important precaution, therefore, to have the dress worn by children so constructed as to protect the neck, breast, and shoulders, and with sleeves long enough to reach to the wrists."

Dr. Eberle says: "It is certainly a most inconsistent practice to expose the breast and arms during the weak and tender age of childhood, and yet to deem it necessary to keep these parts carefully covered after the system has acquired firmness and its full power of vital resistance by a more mature age."

It was particularly remarked that during the French Revolution croup and other acute diseases of the lungs were uncommonly prevalent among children; and among the elder of them consumption of the lungs, bowel complaints, and rheumatism. This arose from the then prevalent fashion of dressing *classically* in naked busts and thin clothing, a mode of dressing better suited to the milder regions of Athens and Rome than to the changeable climate of the United States, or the north of France.

Fathers and mothers themselves know the comfort derived from warm clothing about the neck and breast, and accordingly we seldom see them expose these parts to the vicissitudes of our changeable climate. But we fear until the fiat of fashion has gone forth, that the neck, arms, and legs of the young are to be covered up, we may reason ourselves out of breath and declaim against the present practice to no purpose, comfort, health, and the preservation of life remaining entirely in abeyance.

Permit your infant to have as much fresh air inside its lungs as you will, but you must protect the chest externally from the influences of a cold atmosphere, unless you are willing to see it travel down that much frequented road to that place where disease has no effect.

The proper rule for clothing the infant is to apply sufficient to preserve the natural temperature of the skin. Flannel should be worn next the skin the year round; of course for the young infant it should be of the softest, and in the summer of the lightest variety.

During the first few months after birth, warmth is always particularly congenial to the infantile system, and where the development of animal temperature is not very rapid, it is especially necessary to use flannel clothing, thereby favor-

ing the accumulation of warmth in the child's body.

Flannel presents many advantages over cotton or linen for the under garment of the infant—it is a bad conductor of heat, and thus preserves with little diminution the animal warmth; by its looseness it affords a greater surface for the gradual evaporation of the perspiration, and thus conveys it away without producing too sudden depression of temperature on the skin.

It is essential that the clothing of childhood should be simple, light, and loose: simple, that it may be readily put on and taken off without annoying the infant; light as is consistent with due warmth; and loose, that the movements of the limbs and body of the child may be in no way constrained by it.

The head should always be uncovered in-doors; caps for the house are very objectionable, and should never be worn.

The legs in winter should be protected with worsted or fleece-lined stockings that come above the knees; socks should be worn up to the time the child begins to walk, when shoes of leather should be substituted.

Pins should be dispensed with as far as possible in the adjustment of the clothing; handling the infant, together with its own constant activity,

is very apt to loosen them, and many a painful scratch is the result; tapes should be substituted, and, with a little management, the pins may be entirely dispensed with.

The frock of the child should always be high in the neck with sleeves to the wrists; the material may be thin in summer; but the neck and arms should be protected by at least one thickness throughout the year. The frock should be simple in its construction; why oppress children at such a tender age with the shackles of fashion? If the infant be arrayed in flounces and furbelows, there is constant uneasiness lest its dress become deranged, and a comfortable position for the child becomes of secondary consideration. A dress of this kind requires much more time for its adjustment, and occasions the little victim many tears.

Mothers will say, Are we to pay no attention to the dictates of fashion in the construction of clothing for our infants? But if we for a moment consider, as Dr. Meigs has remarked, that "a child does not surely belong to its parents until it has attained its sixth year, but is rather a loan on condition of becoming property provided it be wisely and safely conducted up to that period," I think most mothers will agree with us that fashion ought not for a moment to be considered when it interferes with the comfort and safety of

the infant. And is the appearance of the child really improved when it is transferred from a neat, plain, pure white frock, to one from which the sharp points of laces and ruffles protrude in every direction?

The clothes to be worn at night should be lighter than those worn during the day—every article of the child's dress should be changed for others at bedtime; and after the child is somewhat advanced, it will be better to construct the night-clothes in the form of night-pants, as this protects the child if the bedclothing is thrown off.

We do not desire to advance the idea that it is impossible to put too much clothing on the infant; but if the child be kept much in the open air, and when in-doors in well-ventilated apartments, there is little danger of clothing it too warmly; but in many cases the child is so scantily clothed that it is considered necessary not only to keep the room much too warm, but to exclude every particle of fresh air, so that the infant has a double source of disease to contend with.

Too much clothing is, of course, to be avoided; since, by accumulating warmth, and relaxing the vessels of the skin, debility is produced.

The extreme changeability of our climate makes it of vital importance that we should do all in our

power to counteract its pernicious influence; this can only be done by clothing the child in a suitable dress sufficient to permit the proper performance of the functions of the skin, and at the same time to protect it from the vicissitudes of the atmosphere.

BATHING.

CLEANLINESS is one of the grand incentives to health, and therefore cannot be too strongly insisted upon. Dr. Eberle has very justly observed: "The agreeable feelings which entire cleanliness is calculated to produce as well as the excellent moral influence which it is capable of exerting on the mind are in themselves of sufficient moment to claim for it the most solicitous attention. Children who are early accustomed to the comfortable and healthful impressions of washing and bathing, will rarely, in after-life, neglect the observance of personal cleanliness; and those, on the contrary, who are neglected in this respect during childhood, will seldom manifest a proper regard for this physical virtue in the subsequent stages of their lives." That the importance of cleanliness cannot be overestimated is admitted by every one, and nothing is more conducive to the health of the infant than a proper system of bathing. I say proper system, for, like every other good thing, it is susceptible of abuse.

The young infant should be bathed in pure soft

water of about the temperature of the blood, from 96° to 98° ; the hand of the nurse is a very uncertain guide, it will be much better to use the thermometer for the purpose of regulating the temperature of the bath. If the water be much warmer, it will debilitate; if much colder, it will depress the vital action of a young infant to an injurious extent.

There are those who recommend the plunging of the infant into cold water for the purpose of hardening it; during the earlier months of infantile life, while the powers of reaction are feeble, such a proceeding is simply absurd.

The temperature may be reduced gradually as the child advances in age and strength, and during the hot weather may for a few moments be immersed in cold water, but during the greater part of the year it is much better for the temperature of the bath to be nearly that of the blood.

The best time for bathing is in the morning, and always two or three hours after a meal.

The bath should be so arranged as to allow of the immersion of the entire body of the infant beneath the water; the practice of immersing only the lower half of the body in the bath is decidedly objectionable: the upper part of the chest being wet and exposed to the cooler temperature of the air causes a sensation of chilliness, gives the in-

fant a distaste for the bath, and is very likely to give rise to catarrh and other inflammatory conditions of the respiratory organs.

The child being entirely immersed in warm water, may be allowed at first to remain for three or four minutes; the time may be gradually extended as the infant advances in age and strength; it should then be taken out and rubbed gently but briskly with soft flannel—this rubbing should be something more than merely wiping the skin; a brisk gentle friction should be kept up over the whole surface of the body for several minutes, it will be found most agreeable to the child, and nothing is more conducive to health in all stages of life than a brisk rubbing continued for some minutes after the bath.

Soap should not be used in the water in which the infant is bathed, for the reason that the skin is protected by an oily secretion thrown out upon its surface to render it soft and pliable; the soap combines with and removes this and causes cracking and roughness of the skin: the part of the perspiration left in contact with the skin, and which it is the object of the bath to remove, is of a saline nature, and consequently soluble in warm water, so that the object of the bath may be attained without the injurious influence of the soap. For removing accidental impurities and for the

hands soap will be required—the finer varieties should be selected, the white castile being the best.

The frequency with which the bath may be given with advantage will depend somewhat upon circumstances: during the summer months, immersion of the body for a few moments morning and evening of each day will be found to quiet nervous irritation, and preparation for the bath will be hailed with delight by the infant; but during the cold weather, when cleanliness is the principal object for which it is given, the morning of every other day will be quite often enough to immerse the child.

At times when the bath is not desirable, the child may be washed in the nurse's lap by using warm water and soft cloths; in so doing, care should be taken not to cool the child by evaporation, a part of the body should be washed, dried, and covered up, and so on until the operation of washing is finished, having only that portion of the child exposed that is being washed.

Aside from the regular bath, constant attention should be given to the removal of damp or soiled portions of dress, and the careful cleansing of the skin from every vestige of impurity arising from any cause.

EXERCISE.

IN no period of life is the desire for exercise more unequivocally manifested, or is it more essential to health than during infancy; but in order that the infant may derive the greatest amount of benefit from it, the development of the organization and the laws regulating the functions require constant attention.

During the first few months of infancy, the exercise should be purely of a passive nature, the infant should be carried in a reclining position, with its head supported by the arm of the nurse, and, under no circumstances, should the child be required to assume the upright position until it has arrived at the fourth month of its age, and if the infant be at all delicate it will be better to support its head for some months longer. The spinal column during the earlier months of infancy is incapable of supporting the weight of the head and shoulders, and from neglect of this caution curvature of the spine often results.

Too much gentleness cannot be exercised in handling young children. In lifting them we

should be very careful never to lay hold of them by the arms, as is sometimes thoughtlessly done, but always to place the hands on each side of the chest immediately below the armpits. In infancy, the sockets of the joints are so shallow, and the bones so feebly bound down and connected with each other, that dislocation and even fracture of the collar-bone may be easily produced by neglecting this rule.

In lifting an infant from the bed the head should always be supported, for if the child be raised suddenly and the head allowed to fall back, the most serious injury may result.

All jolting, tossing high in the air, or roughly shaking the infant, should be positively prohibited; exercise of this kind is never beneficial to the child, and is always attended with danger.

It will be found a great relief to the nurse; and is an excellent exercise for the child, to place it on its back on a mattress on the floor; this affords the infant an opportunity to exercise its limbs in any way it pleases without danger from falling or the discomfort of being confined in its movements by the arms of the nurse.

During the summer months, after the child is two weeks old, it may be hauled or carried out in the open air daily; during pleasant weather, the infant can scarcely be out too much—the

damp air of evening should always be avoided, and during the first weeks of the infant's life the face should be protected by a veil, as the eyes at this period are very susceptible to the influence of a strong light.

Before the child has attained strength sufficient to enable it to walk, attempts will be made to go from one part of the room to another by creeping; these efforts should be discouraged. We should recollect that walking erect is one of the most distinguished privileges which man receives from his beneficent Creator, giving him a dignity which is enjoyed by no other animal.

The objections to allowing the child to creep are not only that it soils the clothes to such an extent that it is impossible to keep the child at all clean, but that it promotes the growth of some parts and diminishes the size of others, and the beauty of the form in a great measure depends on the proper management of the child in this particular.

The anxiety of the parents to see the child walk often induces them to stimulate exertions in this direction long before the development of the organization will warrant it, and from this cause deformity has resulted to a greater or less degree in many instances. It is a matter of very little consequence whether the infant walks at ten

months or at thirteen; but if, by inducing it to walk before the limbs have attained strength sufficient to support the body we cause permanent deformity, it then becomes a matter of serious consideration.

Many contrivances have been invented for teaching the child to walk, none of which should ever be allowed; when the proper time arrives for the child to walk, it will teach itself, and if left to nature, there is little danger that it will walk too soon, or delay it longer than the time at which that exercise would be beneficial to it.

After the child has acquired sufficient strength to take active exercise, it should be the duty of the parents to afford every facility for the accomplishment of this most desirable end. If possible, a play-ground should be provided for fair, and a large unoccupied room for inclement weather. If implements of husbandry, tools, and games of different kinds are given them, when tired of one, another will be taken up, and in this way all the muscles will be brought into action, and free growth, vigor, and health will be the result.

No greater mistake can be made than to compel a child to go through a series of motions, or join in a game for which it has no taste, simply because it requires exercise; for in this way it be-

comes a task, and serves only to tire the child in body and vex it in mind, while the child allowed to exercise in a way in which it is agreeable to it will be improved both in health and in spirits, and it requires but little ingenuity on the part of the parents to provide amusements adapted to the child, and for the trouble and expense they will be many times repaid in the improved health and cheerful dispositions of their children.

AIR.

GREAT improvement has been made during the last few years in ventilating our large establishments—hospitals, churches, legislative halls, etc.; but the ventilation of dwelling-houses has not received the attention which its importance demands.

The change of air of apartments by efficient ventilation is very generally neglected, and hence the source of much disease and fatality to our race, and at no period of life are the effects of confinement in impure air more detrimental than during the feeble and susceptible age of childhood.

Most mothers at the present day are awake to the importance of sending their children into the open air as much as possible, and this is of the greatest benefit so far as it goes; but why is it that it is considered so necessary to send the child so often into the open air? and why does it return so much refreshed? What answer can there be except that the air that it breathes

within doors is impure, and exerts an injurious influence on the child that is compelled to breathe it?

The child will live several days without food, but it cannot exist as many moments without air—and we know that it will die eventually from starvation if supplied with only half the food required by the system for its support; so it will suffer and die just as surely if one-half the air it is to inhale has already had the life-sustaining property extracted from it by having been previously breathed. Rebreathed air is simply death—sooner or later; and how many nurseries are so managed that there shall be a constant interchange of air that has been breathed going out and pure coming in? For in every nursery not so constructed the children are breathing pre-breathed air, which is sure to cause disease, and it may be death.

One of the principal reasons why we are not the hardy race of men our grandfathers were, is because they lived in the open air, and their dwellings, from necessity in many cases, were so constructed that the pure air, the air that sustains life and gives vigor to the constitution, had free access to all parts of them.

It is generally supposed that in order to admit the pure air from without, the room must be made very cold, and every one must suffer

from the draught, but this is not the case; if we open a window for a few inches from the top, a blind or curtain will prevent any draught being felt in the room, and a little more fuel will keep the air in the room at its proper temperature.

The time children suffer most from being compelled to breathe rebreathed air is during the night. It is the popular idea that night air is bad air, but a moment's consideration will convince any thinking person that this is not the case. What air shall we breathe in the night but night air? The air of large cities is purer in the night than during the day; the only night air that is bad for children to breathe is that awful rebreathed night air that they are compelled to breathe, while the pure life-sustaining, health-giving air is excluded from their apartments.

There should always be a window down from the top in the room in which children are sleeping. The fire is not kept, nor is it necessary that it should be,—the bedclothes will keep the child warm, for on no account should the child be cold, but with bedclothes enough it may be kept warm, and the air in the room be pure at the same time. It is not the child that resists the cold, but the clothing, and this should always be sufficient. Leaving a door open into another room shut as closely as the one in which the children are sleep-

ing, is no ventilation at all; nor is it sufficient if a window be open in the next room, for if the inhabited room has no exit for the air, very little of it will pass through the door from the other room.

There are many causes at work to render the air impure, but the worst air for breathing is that which has been breathed before. If the child is sick, the only way is to apply more clothing, bottles of warm water if necessary, and open the window, of course so as to have no draught upon the bed, for while all require fresh air, no one can bear draught.

Attempts to purify the air in any other way are of no avail. A celebrated medical lecturer said to his class: "Fumigators, gentlemen, are of essential importance. They make such an abominable smell that they compel you to open the windows."

The only disinfectant required in a sick-room is fresh air.

It is unfortunate for ventilation that open fires are so generally done away with, but their absence is no reason why we may not have perfectly pure air all the time in our apartments. With attention to ventilation, the air in a room heated by a stove can be kept as pure as one in which an open fire is used. In the minds of many people

there is a confusion between cold and ventilation. It is not necessary that the air in a room should be cold to be pure, nor is a cold room always a well-ventilated one—the air may be as impure as in a warm one.

It is important that attention should be paid to the temperature of the nursery, it should always be regulated by the thermometer, and during the day should in winter be kept between 65° and 70°. If the atmosphere in which the child spends most of its time be heated too high, a degree of relaxation of the nervous system will be induced, and the power of generating heat lessened in a great degree, consequently when exposed to the colder open air, the child will be much more liable to take cold than if it had been previously accustomed to a warm but not overheated atmosphere.

Respiration commences with the birth of the child, and continues uninterruptedly through life, and every time the child breathes it takes in an influence necessarily good or bad, according to the quality of air with which it is surrounded; and if the reader will for a moment consider the pernicious influence of impure air, no surprise will be felt at the earnestness with which we insist upon purity of air as *essential* to the preservation of health.

CONCLUSION.

MORAL MANAGEMENT OF INFANCY.

VOLUMES might be written on this subject, but it is our intention to touch only on those points wherein the health and safety of the child depend upon the moral government.

We do not wish to be understood to imply that the main object of life is merely physical health, but what we mean to say is that the physical and mental parts of our nature are so intimately connected, that the health and development of both must be equally the object of a rightly conducted education.

During the first few years of life, it is by authority alone that the child should be governed. The parent's word should be the child's law, and never should be questioned. At this tender age the child is incapable of reasoning, and instead of taking the long and circuitous path of an argument, much happiness will be gained and many tears prevented, if we arrive at the same point by the simple principle of *you must, and you can't*.

The system of bribing the child to obey should never, under any circumstances, be resorted to; and we should always avoid the detestable habit of frightening the child into obedience by holding up some bug-bear to terrify it. But if the infant be taught from the first to place implicit confidence in the parents, it will require no explanations, bribing, or frightening, but will obey at once, and be happy in so doing. In this depends not only the happiness but the safety of the child. How pitiable it is to see all the artifices that are required to induce the child to leave its toys and go to bed, or to witness the ineffectual efforts of the whole family to prevail upon it to take the remedies prescribed when ill!

Although the child is incapable of understanding a labored argument, it soon learns to distinguish between right and wrong, and if the mother wishes her child to grow up gentle, upright, and true, she must continually exhibit those principles to the child. Dr. Comb truly remarks: "If we cannot restrain our own passions, but at one time overwhelm the young with kindness, and at another confound them by caprice or deceit, we may as well expect to gather grapes from thistles, or figs from thorns, as to develop moral purity and simpleness of character in the child."

Harshness in the management of children is

never necessary ; but by a gentle, firm, and uniform course we shall be able by kindness to do all that is desirable.

As the child grows older, systematic instruction from books is required, and in a large majority of cases this is commenced far too early. The child's body should have time to develop itself before we overtax the mind ; and if this be allowed, far greater results will be attained in the way of education, and the child saved from a broken constitution or a premature grave. It is a matter of no consequence whether a child reads at five or at eight years of age, but it is a matter of great importance if by overcrowding the brain the health of the child is destroyed. In the language of Dr. Caldwell, "from an unwise attempt to convert their flowery spring into a luxuriant summer, that summer too often never arrives. The blossom withers ere the fruit is formed."

While it is important that children should not be too soon required to apply themselves to books, we must not fall into the opposite extreme, and answer their inquiries, as is too often done, by "you can't understand it," but by so simplifying the explanation that the child is at least satisfied, we shall call out and give healthy development to the intellectual and moral powers. Instruction of this kind is too important to be neglected ; no

doubt the mental constitution inherited from the parents is chiefly influential in the production of genius. But there is also no doubt that the fostering care of the parents exerts a powerful influence on the future excellence of the child. No greater mistake can be made than to suppose that it is as well for the infant to be intrusted to the care of a stupid, ignorant person, as to an active-minded, intelligent one.





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